

Rockville Senior Center Newsletter

Add years to your life and life to your years!



July/August Programs and Events

Go to www.rockvillemd.gov/seniorcenter and click on recreation classes to see a full list of classes offered, or pick up a copy of the latest Recreation Guide at the Senior Center or any City facility.

M-Members (Age 60 and older)

R-Residents

(Age 60 and older who live in Rockville but are not members of the center)

NR-Nonresidents/nonmembers

(Age 60 and older who live outside the City of Rockville limits)

July

July 5 (Thursday) 1-2:30 p.m.

Women Living Alone If you are a woman living alone, please join us for this new group. We will meet the first Thursday of each month to share experiences and discuss strategies for improving the quality of our lives. Facilitated by Barbara Wilson, counselor. #39678. Free M, R/\$4 NR.

July 10 (Tuesday) 1-2:30 p.m.

Hypnosis I The majority of our population has learned many myths about hypnosis as imaginative writers have used false sensationalism to sell books. This lecture dispels myths and shows that hypnosis is nothing more than a state of increased physical relaxation which brings about greater mental awareness. #39723. Free M, R/\$4 NR.

(Hypnosis II on Thursday, July 12, #39724.)

July 18 (Wednesday) 1-2:30 p.m.

American Patriotic Music

The music of Independence Day always includes the stirring marches of Sousa. But other composers like Goldman, Meacham and Bagley, whose

names you may not know, also wrote familiar marches. In addition we will hear *Fanfare for the Common Man* by Copland and finish up with the 1812 *Overture*, which, while Russian, is becoming as American as apple pie. Come and join us for some rousing foot stomping music. #39691. Free M, R/\$4 NR.

August

Aug. 15 (Wednesday) 1-2 :30 p.m.

The Richness of German Music

The Three B's just begins to define German music. Would you believe 19 Bachs? Not to mention Brahms and the legendary Beethoven. We'll hear music by all of these composers and maybe a little Pachelbel too. #39692. Free M, R/\$4 NR.

Aug. 15- 29 (Wednesday) 1-3 p.m.

(IP) Making a Movie Learn movie making foundations in this class.

Working together, students will learn to write a script, convert it to a shooting script, choose the wardrobe and select the proper location for filming. Three two-hour sessions. A \$3 handout fee is due at the first meeting. #39778. \$39 M/\$48 R/\$59 NR.

Dates to Remember:

The Poetry Exchange

Tuesday, July 17 and 24, 2-3 p.m.

Ophthalmology

Tuesday, July 24, 1-2 p.m.

Reminder: there will not be a Supper club dinner in July; please join us for a delicious dish in August!

Senior Center Hours:

Monday - Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

1150 Carnation Drive
Rockville, Maryland 20850-2044
240-314-8800

www.rockvillemd.gov/seniorcenter



City of
Rockville
Get Into It



Thursday, July 26 and Friday, July 27, 1-3 p.m.

We Bought a Zoo (PG for language and some thematic elements)
Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo.

Thursday, Aug. 16, and Friday, Aug. 17, 1-3 p.m.

War Horse (PG-13 for intense sequences of war violence)
Young Albert enlists to serve in World War I after his beloved horse is sold to the cavalry. Albert's hopeful journey takes him out of England and across Europe as the war rages on.

Supper Club

Tuesday, Aug. 28,
5-7 p.m.

Catered by the Rockville Senior
Center Staff

Your menu will include:

Baked Breaded White Fish Fillet
'French' Fries and Homemade
Cole Slaw
Fresh Vegetable
Roll and Butter
Choice of Beverages
Dessert

Cost: \$10 per person
Registration Deadline:
Tuesday, Aug. 21
Entertainment: TBA

Name: _____

Address: _____

Transportation: ____ Yes ____ No

Senior Citizens Commission

We would like to thank the senior center staff for the wonderful celebration of the 30th anniversary and the opening of the new fitness center.

Now we would like you to *like* us on Facebook!

- www.facebook.com/RockvilleSeniors
- We are working on other ways of communicating using social media. If you have ideas and/or can help us, please contact Pat Shultz at 301-309-0454 or patshultz@mrisc.com, or Norene Stovall at 301-424-0307 or nonny62@verizon.net.

We are also actively reaching out to community associations and other groups in Rockville to let citizens know that the commission is here to serve the needs of all seniors in Rockville. A representative from the Senior Center would be happy to meet with your association.

Also, please get involved and share your ideas at **10 a.m.** on the **1st Monday of the Month** starting in September.

Wellness

Summer Health/Risks and Tips for Seniors:

- ◆ ***Heat and dehydration.** Seniors are at risk for illnesses like heat stroke and heat exhaustion. The signs of this include fatigue, weakness, nausea, heavy sweating or no sweating, rapid pulse, confusion or fainting. Signs of dehydration or heat exhaustion are often less pronounced in seniors due to aging, certain medications and chronic conditions.
- ◆ ***Drink plenty of water!** It quenches thirst and works as a coolant. When planning to spend any time in the sun have a bottle or thermos of water at hand. Frozen treats are refreshing. Avoid caffeine. Eat cool or cold foods such as sandwiches or salads. Fresh vegetables and fruits contain water and can help hydrate while offering a healthy snack.
- ◆ ***Remember "SHS" ...sunglasses, hats and sunscreen!** Wear loose, light clothing and use insect repellent.
- ◆ ***Stay cool...**use air conditioning, fans and shades. Conserve cool air by keeping windows covered (curtains or shades). If you do not have AC, allow windows to remain safely open so breezes can flow through and consider visiting a shopping mall, library or community facility....like our senior center!
- ◆ ***Plan activities** at cooler times of the day, such as early morning or evening. Slow down!
- ◆ ***Traveling....** Bring all medications in their original bottles and keep a list of meds, dosages, your conditions and doctors' phone numbers. Carry extra meds with you in case luggage is lost or delayed. Wear comfortable sturdy shoes for walking and don't be embarrassed to ask for a wheelchair at airports or museums! If you are traveling long distances avoid deep vein thrombosis (blood clots in legs) by not sitting too long. Get up and take a lap around the plane once every hour. Time changes can cause jet lag so get enough sleep.

Have a safe, healthy summer and enjoy!

Rockville Seniors, Inc.

The Annual Meeting was held Tuesday, May 15, in the Carnation Room. Howard Briscoe accepted the Estelle Berberian Award for Volunteer of the Year for his wife Betty Briscoe. Collingswood Nursing Home was the recipient of the corporate volunteer of the year award for support of programs at the center. The membership elected three board members. John Wolff, Betty Ball and Ana Maria Moran Palma were reelected. Individual volunteer gifts were presented and refreshments were served.

RSI extends our thanks to Wes and Nanette Morgenstern for their very generous gift of exercise equipment to the new exercise facility. They donated a Precor experience strength s-line bicep curl/tricep press machine. Join the fitness room and use the equipment to get "buff". And as you do, please thank Wes and Nanette and consider following their example.

RSI presented our \$50,000 dollar contribution to the renovation and \$26,000 dollar contribution to the parking lot at the grand reopening on Friday, June 15. Thanks to all who gave generously to support this. RSI accepts tax deductible donations each month from members and their families to commemorate special occasions and in memory of loved ones. Visit the center and see what your generosity can do.

Information about the MCAEL program and others will be available at the monthly drop-in meetings in the lunch room held each first Monday at 10 a.m. These meetings are held in conjunction with the Rockville Senior Commission. We would love to hear your opinion about how the center meets your needs. Refreshments are served.

Silver Diner cards are for sale at the desk. Cook books are still available. Book donations are accepted outside the library. We very much appreciate the support of members and ask that you continue to donate gently used books, both hard back and paperbacks from fiction and biography. We especially need hardback best sellers. Please no textbooks.

Callers for bingo are needed. Consider spending a Wednesday evening at the center. RSI is happy to announce that the gift shop has reopened. We will have it fully stocked soon. Cold drinks and snacks will be available in the gift and thrift shops.

RSI meetings will be suspended for July and August. Join us in the fall on the third Tuesday of the month at 1 p.m. in the board room if you want to see how we work for you.

Ask the Outreach Worker

Q: How do I find out if I am eligible to receive a lower property tax bill?

A: Homeowners in Montgomery County who either have a limited income OR are at least 70 years of age may fill out one application to determine eligibility for three programs: the Maryland Homeowners' Property Tax Credit Program; the Montgomery County Supplemental Property Tax Credit, and the Montgomery County Senior Property Tax Credit.

Even if you have applied in the past and been denied, it is recommended that you apply again, since the tax credit programs have been improved over the years and your income level may have changed.

The deadline for submitting an application this year is Saturday, Sept. 1. If you are found eligible you may receive either a revised tax bill or, if you've already paid the full amount, you would receive a partial refund.

Although the state's maximum income to be eligible for the program is \$60,000, you might be eligible for the City of Rockville's property tax credit program if you are age 60 or over and your income is above \$60,000. You still need to fill out only the one application from the state of Maryland.

You can contact our outreach office for more information and to find out if you are eligible for the programs, or go to the state website at www.dat.state.md.us. Applications can also be obtained by calling the Maryland State Department of Assessments Taxation (SDAT) at 1-800-944-7403.

Martha McClelland, Senior Outreach Worker
Rockville Senior Center
mmcclelland@rockvillemd.gov
240-314-8816



When driving in the neighborhood please be cautious of pedestrians and aware of road signs.

Thank you

Forget-Me-Not

Edward Branges, 87





Concert under the Stars
 Sponsored by the
 Senior Citizen Commission

 Tuesday, Sept. 11, 7-8:30 p.m.

 At the Rockville Senior Center
 Performance by the Rockville
 Swing Band
 Free Admission
 Drinks and dessert will be available
 for purchase.
 To register call 240-314-8810.



Reminder
 the fitness room hours have
 been extended!

Monday– Friday
 7 a.m.—7 p.m.

Saturday
 7a.m.—3 p.m.



PRESORTED
 STANDARD U.S.
 POSTAGE PAID
 ROCKVILLE, MD
 PERMIT NO. 63